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es' Senior now offers three new varieties specially formulated
s seven years and older. ♥ All of our new canned and dry Senior
ts have 25% less fat* and include rice for improved digestibility.
at's more, our new dry recipe promotes a healthy skin and coat
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e new Friskies taste. ♥ So keep your cat frisky for life,
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Whitefish & Rice, and one dry variety with Lamb Meal,
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REAT-TASTING Friskies Senior



ERIC O'CONNELL

HEALTHFRONT

Health Finds

HELP FOR A HEALTHY LIFESTYLE

than 1,500 people. They found that vascular disease was more than twice as likely to be present in people with the highest homocysteine levels, compared with people with the lowest (*Journal of the American Medical Association*, June 11, 1997).

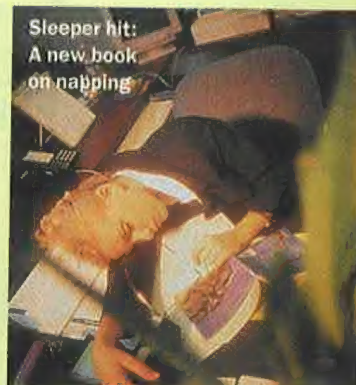
So is it time to schedule a homocysteine test? "That's a tough question," says Dr. Graham. "We don't yet know if reducing homocysteine levels reduces risk of vascular disease. But I believe the time has come to measure homocysteine." If you're concerned, your doctor can help you decide.

The good news is that if you eat the right folate-rich foods, you're probably already lowering your homocysteine levels. "We know that folate lowers it quite reliably," notes Dr. Graham. Folate is found in dark-green leafy vegetables, dried beans, whole grains and orange juice.

Record time If your idea of keeping medical records is taping ER every week, you may need the **Personal Health Organizer**. The components in this three-ring binder can help you keep track of medical history and record health problems, doctor visits, medication, and test results. Other sections help you prepare for a doctor's visit and record your doctor's instructions (1-888-438-2746).

Pillow talk Waking up with a headache or neck pain is a lousy way to start the day. If the problem is your pillow, the answer may be the **Medi-flow Waterbase Pillow**. It's a pillow that you can fill with water to create a form-fitting cushion with as much support as you need. A study published in *Archives of Physical Medicine and Rehabilitation* (February 1997) found that the water-based pillow reduced pain and improved sleep qual-

Sleeper hit:
A new book
on napping



ity compared with standard pillows. Plus, you get to hear the lulling sound of the ocean every time you turn your head (1-888-7MEDIFLOW or <http://www.medi-flow.com>).

Snooze shmooze Speaking of sleeping, we've always said that when the going gets tough, the tough go to bed. That's why *The Art of Napping*, by William A. Anthony, PhD, is a big hit around the office. This little book covers everything from nap management to the great nappers of history (Larson Publications, 1997).